



  
**food for**  
**thought**   
**Wichita Falls Area Food Bank** *Holidays 2024*

*You're Serving  
Hope for The  
Holidays*



# Dear Friend



**David O'Neil, CEO**

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As we near the end of another year, I'm reminded of how quickly time flies by and the importance of where we invest our time. I love the quote by Nathaniel Hawthorn; "Time flies over us but leaves its shadow behind us". While time is fleeting, where we spend our time says so much about what we most care about, and time well spent can be life changing.

That is why the Wichita Falls Area Food Bank is so grateful for our community partners, donors, advocates, and volunteers who give their time and resources to cast rays of hope to over 39,000 individuals and 12,000 children who struggle to have enough nourishment to thrive.

In this difficult year where food, utilities, housing, and insurance costs remain elevated, more neighbors are seeking assistance far too often. Your investment in time and donations have been essential to fulfilling the mission of "Strengthening Our Communities with Food, Education, and Advocacy."

On behalf of our board and employees, I wish you the happiest of holidays and a joyous and bountiful New Year.

Sincerely,

**David O'Neil  
CEO**



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## *Cousins Share* **Gratitude for You**

This holiday season, Dorothy and her cousin, Carrie, are giving thanks for friends like you who are helping keep healthy food on the table for their families.

We met the cousins at the mobile pantry at Legacy Church of God, a Wichita Falls Area Food Bank Agency Partner where the two typically visit together to pick up food.



**Cousins Carrie and Dorothy are together outside the Mobile Pantry at Legacy Church of God in Wichita Falls.**

***“Thank you very much for helping.”***

Dorothy and her husband are proud parents of a young son, Andy. To provide for her family, Dorothy works at a local restaurant. Her husband receives Social Security disability assistance but is unable to work.

Thankfully, the family receives some SNAP benefits to help

fill in the gaps, but it’s still not enough right now even with Dorothy’s income.

Carrie also receives Social Security disability assistance, while her husband works in retail. But their combined income is often not enough to keep up with the cost of food for their two growing children.

Both women are grateful to be able to visit the food pantry to pick up healthy groceries for

their families. Dorothy says she doesn’t know what she would do without this resource.

“Thank you very much for helping,” Dorothy says to donors like you.

We are grateful for the way you restore hope to neighbors like Carrie and Dorothy this holiday season and all year long. You are truly making a difference.



## *Julia Cares* **for Her Community**

From yoga instructing to running her photography business and working for a local church, Julia Lamberth wears many hats. And still, she finds time to volunteer with the Wichita Falls Area Food Bank’s Mobile Pantry.

One day, Julia simply showed up at the Food Bank Mobile Pantry at Midtown Manner and asked if she could help. She received an immediate, “yes.”

Now, Julia volunteers with the Mobile Pantry eight times per month and helps neighbors who are coming to receive healthy food fill out paperwork.

“If you can give someone your full attention, that is the true definition of hospitality,” Julia says of volunteering.

Julia and her husband, Brent, have a little girl, 6-year-old Winnie who sometimes joins her mom at the mobile pantries when she’s not in school.

Thank you, Julia, Winnie, and all of our amazing volunteers for helping us create a hunger-free community! Our work wouldn’t be possible without caring volunteers like you who are helping uplift our community this holiday season and beyond.

# You're Sharing Hope for the Holidays



Briona and Samuel stand outside the Sonshine House Distribution Center.

"If we can all commit to do something nice for each other, the world will go a lot further."

***"They were not only friendly, but they went above and beyond what I expected."***

Not only does our neighbor Briona believe those words to be true, but she's seeing them lived out through your example this holiday season.

Briona and her husband, Samuel, have two children, Xander 11, and Cayden, 8. The family loves spending time together, and when the kids aren't in school, Briona and Samuel enjoy taking them to play sports at the park.

Samuel works at a local supermarket to support the family and plans to get his GED and work toward a mechanical-oriented degree to bring in more income. Briona has health

problems that keep her from working and, right now, Samuel's income doesn't stretch far enough to cover all the family's bills.

Thankfully, Briona discovered the [Sonshine House Distribution Center](#), a Food Bank Partner Agency where she can pick up nutritious food for her family.

"They were not only friendly, but they went above and beyond what I expected," Briona shares about Sonshine House.

Now, Xander and Cayden have the healthy food needed to grow, develop, and thrive.

"The community coming together is a big part," Briona says, thanking donors like you for your contribution.

Your support is making a vital difference in the lives of children, families, and seniors this holiday season. Thank you for your partnership!



## Empty Bowls

The Empty Bowls event in 2024 was a great success. Beginning in 2012 under the leadership of Paula Perkins and Leslie Schaffner, Empty Bowls has been a community effort involving the Wichita Falls Area Food Bank, donors, restaurants, artists, and volunteers to raise funds to address food insecurity. The event has grown over the years, with new vendors and a new location at The Forum in 2024. We'd like to express our gratitude to the sponsors, artists, volunteers, restaurants, and supporters who have contributed to the success of Empty Bowls year after year. Our community's support is essential to fighting hunger. We look forward to the future and the positive impact the next year will bring for both the Wichita Falls Area Food Bank and Empty Bowls.



## Texoma Gives

This year's Texoma Gives Day of Giving was an overwhelming success. The support we received from generous donors has truly been remarkable, and we are deeply grateful for the outpouring of generosity. The impact of this tremendous support cannot be overstated. It enables us to reach and assist more seniors, children, and families who are facing food insecurity in our community. As we look ahead, we are filled with optimism and excitement about what we can accomplish in 2025. We are so grateful for your ongoing support, and we cannot wait to see what we can achieve together in the future. Thank you for being an integral part in our fight against hunger. Together, we are making a real and lasting difference for our neighbors facing hunger.